Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (currently amended) An absorbent tampon comprising an absorbent structure, said absorbent structure comprising absorbent material consisting essentially of hydrothermally treated lyocell fibers, the tampon having a density of about 0.3 to about 0.5 g/cm^3 and a Syngyna Absorbency of at least about 4.4 g/g.

2. (original) The absorbent tampon of claim 1 wherein the Syngyna Absorbency is at least about 5 g/g.

3. (withdrawn) A fibrous structure comprising lyocell fibers capable of being formed into a random fibrous plug having a mass of 2 g, a density of 4 g/cm^3, and a diameter of 25 mm which has a GAT Absorbency (at 15 min.) of at least about 3.7 g/g.

4. (withdrawn) The fibrous structure of claim 3 wherein the lyocell fibers are capable of being formed into a random fibrous plug having a mass of 2 g, a density of 4 g/cm^3, and a diameter of 25 mm which has a GAT Absorbency (at 15 min.) of at least about 4 g/g.

5. (withdrawn) The fibrous structure of claim 3 which further comprises additional fibers.

6. (withdrawn) The fibrous structure of claim 5 wherein the additional fibers comprise absorbent fibers.

7. (withdrawn) The fibrous structure of claim 5 wherein the additional fibrous material comprises non-absorbent fibers.

8. (withdrawn) The fibrous structure of claim 3 which further comprises additional materials.

9. (withdrawn) The fibrous structure of claim 8 wherein the additional materials comprise materials selected from the group consisting of foam, hydrogel, superabsorbent, and combinations thereof.

10. (withdrawn) A method for increasing the absorbency of lyocell fibers, comprising:

(a) hydrothermally treating the lyocell fibers with water at a temperature of at least about 60° C for about one to sixty minutes; and

(b) drying the treated lyocell fibers to a moisture content of less than about 20 wt-%;

wherein the treated lyocell fibers are capable of being formed into a random fibrous plug having a mass of 2 g, a density of 4 g/cm^3, and a diameter of 25 mm which has a GAT Absorbency (at 15 min.) of at least about 3.7 g/g.

11. (withdrawn) The method of claim 10 wherein the water has a temperature of about 80° C to about 100° C.

12. (withdrawn) The method of claim 10 wherein the water comprises ionic material and the fibers are treated at a temperature of about 90° C to about 110° C.

13. (withdrawn) The method of claim 10 wherein the fibers are treated with boiling water.

14. (original) The absorbent tampon of claim 1, further comprising glycerol monolaurate.

15. (currently amended) The absorbent tampon of claim 1, wherein the absorbent structure ~~of claim 1,~~ further comprises ~~comprising gylcerol~~ glycerol monolaurate.